AMENDMENTS TO THE CLAIMS

CLAIM LISTING:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Claims 1-5: (Canceled).

6.   (Previously presented) A helmet suitable for wearing on a head of a user, the helmet comprising:

an outer helmet with a head-protection part which essentially covers a side, top and back of the head; and

a chin guard in front of a lower part of a face of the user and a transparent visor which covers a field of vision of the user;

wherein said chin guard and said visor are individually pivotably connected about a pivot point on each side of the head-protection part,

said visor moving within an inside portion of the head protection part of the helmet and said chin guard moving within the visor.

7.   (Previously presented) A helmet according to claim 6, wherein at the visor and chin guard, a clutch mechanism is provided which permits individual movement of said chin guard and visor about the pivot point on the head-protection part of the helmet.

8.   (Currently amended) A helmet according to claim 6 , wherein the pivot point and

~~the~~ an attachment point for the visor and the chin guard comprises a bolt connection with a self

locking nut.

9.   (Currently amended) A helmet according to claim 7 , wherein the pivot point and

~~the~~ an attachment point for the visor and the chin guard comprises a bolt connection with a self

locking nut.

10.   (Currently amended) A helmet according to claim 6 , wherein~~, on~~ an inside

portion along a front edge of the head-protecting part~~, a bar or strip is provided which~~ flexibly

abuts against an outside portion of the visor.

11.   (Previously presented) A helmet according to claim 6 , wherein said chin guard

and visor are individually pivotably connected concentrically about a pivot point on each side of

the head-protection part.